

# SOUTH HADLEY COUNCIL ON AGING

# The Golden Chronicle

May 2023

FUN, FITNESS, & FRIENDS!



Monday-Friday  
8:00 a.m. - 4:30 p.m.  
Tuesday- 7:00 p.m.



45 Dayton Street  
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[www.southhadley.org/  
324/Council-on-Aging](http://www.southhadley.org/324/Council-on-Aging)



[southhadley.org](http://southhadley.org)



@southhadleycoa



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## HAPPY MEMORIAL DAY

**Memorial Day Veterans Breakfast**  
Friday May 26th 8:30 a.m.

The Memorial Day holiday honors those who died while serving in the U.S. military. Join the South Hadley Council on Aging and the South Hadley Veterans' Service Department as we observe this day of remembrance. This event is open to Veterans and a guest. The event will include a delicious breakfast prepared by the SHHS Culinary Department, music by SHHS Vocal Roar, and distinguished speakers, military remembrances and ceremonies. This program is co-sponsored by The Friends of The South Hadley Seniors and South Hadley Veterans Services.

Did you know that all programs, exercise classes, and presentations require registration? Call, email, or stop in at the COA to register for the upcoming May events.



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06-5294

**Monday Mornings in May!!** To celebrate Older Americans Month, The Friends of the South Hadley Seniors will provide free in-house coffee and donuts (while donuts last) to members on each Monday morning in May. Stop by the Woodlawn Cafe!

**THE WOODLAWN CAFE**  
Monday-Friday 8:00am to 2:00pm  
Tuesday Evenings 3:30pm to 6:30pm

<p><b>BAKED GOODS</b> ..... SELECTION OF TOAST, ENGLISH MUFFINS, MUFFINS, SCONES, DANISH AND SWEETS. <i>Changes Daily</i></p>	<p><b>SANDWICHES</b></p> <ul style="list-style-type: none"> <li>EGG &amp; OLIVE</li> <li>HAM &amp; PICKLE</li> <li>HAM &amp; CHEESE</li> <li>TURKEY &amp; CHEESE</li> </ul> <p><i>On your choice of bread with lettuce and tomato.</i></p>
<p><b>SOUP CHOWDER CHILI</b></p> <p><i>Stop by or call the center for daily selections. Cash Only</i></p>	<p><b>BEVERAGES</b></p> <ul style="list-style-type: none"> <li>TEA SODA</li> <li>COFFEE JUICE</li> <li>WATER</li> </ul>

**Community Table:** Monday-Friday Served by 12:15 p.m.  
**Reserve meals by noon the day before.**

A suggested, and confidential, donation of \$2.50 for guests 60 or older, those under 60 are charged \$6.50 per Federal Regulations. The title III-C Meal Site program is provided by WestMass ElderCare through funding from EOE. A.

**Breakfast-To-Go-Menu:** Monday- Friday Pick-up from Noon - 12:30 p.m. Reserve meals by noon the day before.

Breakfast meals are delivered cold and are meant to be heated the following morning. A suggested, confidential, voluntary donation of \$2.50 per meal.

For nutrition questions call WMEC at 413-538-9020. x313

**Birthday/ Anniversary Party featuring: Jazz Bones Band**

**Tues, May 9th 5:30 p.m. sponsored by The Friends of the South Hadley Seniors**

We will be celebrating our birthdays and anniversaries this month with birthday cake and a **free** evening concert! The Jazz Bones Band is a unique trombone ensemble backed by a first class rhythm section. Their repertoire consists of swing, jazz standards, blues, rock, Latin and funk. This ensemble is a real crowd pleaser!



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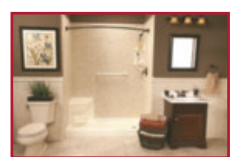
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## 4 Special Programs– Please Register

### Coffee and Conversation

Friday, May 5th at 11:00 a.m.

Anne Capra, Planning Director, will host an informational session on the proposed Accessory Dwelling Units and the Short Term Rental Bylaws that will be on the Annual Town Meeting Warrant for adoption.

Friday, May 12 11:00 a.m.

Join Edie Kirk of the 5 College Learning in Retirement Program. We can all read books or watch films or listen to music on our own. But when we step out and listen to others share their experience with the same material, then we see more, we hear more and feel more. Come learn about this unique program. You can also go to [5clir.org](http://5clir.org) to find out more about the program and/or email [fclir@fivecolleges.edu](mailto:fclir@fivecolleges.edu). with questions.

### Mahjong Tournament -Please Register

Monday, May 1st 12:30 p.m.-4:00 p.m.

In honor of National Mahjong Day, we will be hosting a tournament! Come join us in the friendly competition! We will have prizes and refreshments sponsored by The Friends of the South Hadley Seniors.

### Social with MacDuffie Students

Wednesday, May 17th at 2:30 p.m.

This is our last social with the students. Come join us to thank them for all the fun times!

### The Life and Times of Marjory Stoneman Douglas Wednesday, May 24th 2:00 p.m.

Join historian Cesar A. Becerra as he tells the story of this remarkable woman who lived to 108! Marjory was an American journalist, author, women's suffrage advocate, and conservationist known for her defense of the Everglades .

### Meet Your Spirit Animal with Jan Lucier, HNB-BC Thursday, May 18th 3:00 p.m.- 4:30 p.m.

Jan is a retired holistic nurse, shamanic practitioner, mentor, and nurse educator who speaks on a variety of holistic health topics. This class will introduce foundational principles related to establishing relationships with your "spirit team". You will also receive a custom drawing of your spirit animal to take home.



### Summer Concert Kick-off with South Hadley Community Band Tuesday May 30th 5:00 p.m.

**This event is free! Refreshments will be provided!** Beat the heat this summer, and join us for music inside rain or shine! Our musical entertainment for our first concert will be our own South Hadley Community band. Come show your support!

## Tuesday Evening Programs



### Acoustic Cafe with Freddie Marion

Tuesday May 2nd 5:00- 7:00 p.m.

**Tickets \$7.00 includes ziti and meatballs in our cafe- only 50 tickets available**

Enjoy an intimate concert right in our cafe! Freddie will share stories and songs for a fun evening which includes ziti, meatballs, bread and a drink. You must sign up by Monday, May 1st

### Knowledge is Power: Elder Safety Empowerment Presentation

Tuesday, May 16th at 5:45 p.m.

In this presentation you will learn: trending senior consumer issues, signs of abuse to help an elder friend or family member who is being victimized, tips and strategies to help protect yourselves and others, offender characteristics, what to do when you suspect abuse, Adult Protective Service process, about scams targeted to elders and how to avoid identity theft. This is a program provided by the The Elders and Persons with Disabilities Unit of the Northwestern District Attorney's Office.

### Dinner and A Movie: "A League of their Own"

Tuesday May 23rd 4:30 p.m.

Purchase your dinner in the cafe and join us for this sweet movie! Free popcorn and ice cream sodas!

### Lifelong Learning Lecture Series: Free Visit to Skinner Museum with Dr. Aaron Miller (Offsite)

Tuesday May 23, 2023 5:30-7:00 pm Transportation available upon request. Maximum of 30 attendees.

Dr. Aaron Miller is the Curator of Visual and Material Culture and NAGPRA\* Coordinator, Mount Holyoke College Art Museum Please register for this wonderful event. **This program is funded by The SH Travel**

Funding from the Older Americans Act, through the Executive Office of Elder Affairs, and the Administration for Community Living, provide grant funding for the following: funding for the Technology Instructor, the Companion/Transportation Program and the Caregiver Respite Grant .



## Transportation

The COA provides **free** in town transportation for residents 60-yrs and older. Our minibuss is equipped with a wheelchair lift.

Rides must be scheduled 24 hours in advance.  
Monday - Friday from 9:00 a.m. to 3:30 p.m.

**Need to run an errand in South Hadley? Give us a call!**

Transportation can be used for errands, medical appointments, grocery shopping, trips to the senior center, and social occasions.

**Transportation is Available on Tuesday Evenings: Free of Charge!!**

We are pleased to add transportation to our Tuesday night programs. Door-to-door pickups start at 4:00 p.m. Return trip is scheduled to leave the COA at 7:00 p.m. Please call 24-hours in advance to reserve.

**NEW! Out of Town Medical Transportation Holyoke Medical Center Campus & Trinity Health Of New England Medical Group: Chicopee**

Transportation to non-emergent medical appointments to the Holyoke Medical Center Campus or Trinity Health of New England in Chicopee is available. You must be physically able to get into the medical office without the assistance of the driver. Companions are welcome to accompany rider.

**This service is free of charge.**

## Shopping Schedule:

Round Trip from home to the store. Please call the COA 24 hours in advance to join!  
3 bag maximum

Tuesday	Friday
2nd 11:30 a.m. 	5th 1:30 p.m. 
9th 11:30 a.m. 	12th 1:30 p.m. 
16th 11:30 a.m. 	19th 1:30 p.m. 
23rd + 30th 11:30 a.m. 	26th 1:30 p.m. 

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## 6 Support Services

These programs and services support caregivers, family members and friends who are caring for a loved one with memory loss, dementia or Alzheimer's Disease.

### Making Memories Café

**May 5th:** Following a complimentary lunch, join us at 1:00p.m. Sandy Oldershaw will discuss and will have on hand Spring Amphibians.

**May 18th:** Following a complimentary lunch, join us at 1:00pm. Ed Rosemen and Ben Monkaba will be here to entertain.

### Caregiver Respite Grant

**A partnership between the South Hadley Council on Aging and WestMass ElderCare**

If you need respite services for a loved one with memory loss, please consider applying for our Caregiver Respite Grant. The grant provides financial assistance up to \$500 per calendar year for respite support for families who are caring for a South Hadley older adult with Alzheimer's Disease or Dementia. Please call Ann Andras for more information.

### Caregiver Support Group

**May 3rd and 17th at 10:00 a.m.**

Are you a Caregiver to a senior living with a chronic illness? Caregivers come in all shapes and sizes. No two Caregivers are on the same journey. With the help of Council on Aging Social Service Coordinator, Ann Andras, this group will explore all facets of Caregiving. The group will be encouraged to share experiences with their peers as well as lend support during difficult times.

"It's not how much you do, but how much love you put in the doing."  
Mother Theresa



### Vaccines for Homebound Residents

Free COVID and Flu vaccines are available to homebound residents in Hampshire County & Chester, MA. Register by visiting this website <https://northamptonma.gov/2487/Homebound-Vaccination-Visits> or call 413-587-4919

### Companion Medical Transportation Grant.

This transportation service is a need-based program offered to South Hadley seniors who have medical appointments outside of South Hadley. Please call Ann Andras for more information.

### Brown Bag Program for Seniors

**3rd Tuesday of the Month: May 16th**

Pickup between 10:00 a.m. - 11:00 a.m.

### SHINE

**(Serving the Health Insurance Needs of Everyone)**

**Tuesdays from 8:30 a.m. to 11:30 a.m. by Appt.**

Sue LaMastro, Certified SHINE Counselor will guide you through the Medicare maze and explore what Medicare Plan is right for you!

### Ann's Community Outreach Visit

**No visit for May.**

### Ann's Visit to the Food Pantry

**Wednesday May 31st 1:00-3:00**

While Ann is away, Leslie will be visiting the pantry this month.

### Supporting your local Food Pantry "Neighbors Helping Neighbors"

Join us as we offer ongoing support to Neighbors Helping Neighbors Food Pantry. Each month a specific food item or necessity will be listed in the newsletter. Donations can be left in the specially marked box in the Senior Center lobby. **Please do not donate any expired or opened food.** Thank you for being a good neighbor!

**The requested item for May is: Personal Care Items**( shampoo, soap, body wash, deodorant, toothpaste)

### 2023 Summer Senior Farm Share

**Application Deadline is June 1**

The South Hadley Senior Center is offering farm shares through Community Involved in Sustaining Agriculture (CISA). The cost is a one-time payment of \$10.00 for the opportunity to have fresh vegetables over a 10-week period. Once again, we are excited to partner with Dave's Natural Garden in Granby! Applications will be collected April and May. Weekly delivery to the Senior Center from the farm will begin in mid July. Applications are available at the Senior Center or by emailing Ann at [aandras@southhadleyma.gov](mailto:aandras@southhadleyma.gov). On June 1st, 30 names will be randomly drawn and those applicants will be notified. You must be 60 years or older to qualify. In addition, you must be able to answer yes to one of the four criteria:

- I receive SNAP benefits (Food Stamps), Medicaid, SSI, AFDC, or Veterans Aid benefits.
- I participate in the Food Bank's Brown Bag Program.
- I live alone and my income is below \$29,160; or the total income of my household is below \$39,440 (only one share per household please).



**Did you know The South Hadley Council on Aging offers a "Stay Well" Wellness Fund? (2023)**

The Wellness Fund is available to South Hadley Residents 60 years and over. A Maximum of \$150 yearly can be used to cover the cost of exercise classes, activities, or programs. Interested individuals, please contact Ann Andras.

**Now available at the front desk Visual and audio magnifiers and pocket talkers.**

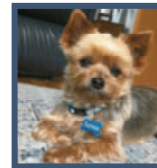
Dear South Hadley Senior Center Members,  
 The UMass Amherst Elaine Marieb College of Nursing is thrilled to have been invited to visit the senior center this Spring semester. Five graduating seniors in our program, Allison, Alyssa, John (JJ), Matthew, and Kylene will visit weekly on Thursdays beginning February 16 through May 4. As their instructor, I will also see you when I drop in! We hope to plan events based on your interests (keep an eye on the announcement boards!) and will host weekly office hours **Thursdays at 10am** when you can drop-in to chat with the students and myself about your health or just to connect! Hope to see you soon!  
 -Dr. Sheila Pennell PhD, RN Clinical Assistant Professor, UMass Amherst.



**Pet Therapy**



**Riley**  
 Thursdays at 11:00 a.m.



**Duchess**  
 1st and 15th at 12:30 p.m.

**Community Companions Volunteer Group visit to Newton Manor May 11th at 1:00 p.m.**

Our new outreach volunteer group will meet at the Senior Center and will be going to Newton Manor for a fun Bingo game. For more information, or to become a volunteer for this group contact Kathy Florence.

**Foot Nurse, Sharon Beulieu, RN**

**Tuesday, May 2nd 9:00 a.m. to 11:00 a.m.**

The Fee for services provided at the Senior Center is \$35.00 cash/check to the provider. To schedule an appointment at the Senior Center, please call 413-538-5030. To book a house call with Sharon, call 413-552-9533. The fee for a home visit is \$50.00.

**Hampshire Hearing & Speech Services**

**Tuesday, May 9th 8:30 a.m.-11:30 a.m. By Appt.**

Hearing Screenings & Aid Cleanings with Audiologists Allison Holmberg and Lisa Howard.

**Visit with Public Health Nurse,**

**Maureen Couture, RN**

**Thursday, May 11th 12:30 p.m. to 2:00 p.m.**

Visit with Maureen for blood pressure checks, share a concern, or ask a question.

**Veterans Social Hour**

**Wednesday, May 10th 9:00 a.m. to 11:00 a.m.**

Free pastry and coffee provided by VFW Post 3104 and American Legion P. 260. Visit with Mike Slater, Veteran Service Provider, and your fellow veterans.

**Reiki with Sara Lee**

**Monday, May 8th 10:00 a.m.-1:00 p.m. By Appt.**

Reiki is a gentle energy healing technique that promotes relaxation and stress reduction. Sara will offer 20 minute sessions with 10 minutes in between for a suggested donation of \$15.00.

**Low Vision Group**

**Tuesday, May 9th 10:00 a.m.**

Any senior who has received a medical diagnosis of legal blindness, visual impairment, or low vision can join.

Contact Ann Andras at 538-5030 x6206

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# May 2023: Memorial Day (May 29th), Older Americans Month

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 Tai Chi &amp; Qigong <b>12:30 Mahjong Tour.</b> <b>12:30 Pet Therapy</b> 1:00 Zumba Gold 1:00 Mah-Jongg 1:00 Color Me Calm 1:00 Monday Movies</p> <p><b>Crab Cake</b></p> <p><b>8</b> 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 Tai Chi &amp; Qigong 10:00 Reiki- By Appt. 1:00 Zumba Gold 1:00 Mah-Jongg 1:00 Color Me Calm 1:00 Monday Movies</p> <p><b>Chicken Marsala</b></p>	<p><b>2</b> <b>8:30 SHINE By Appt.</b> 8:50 Stretch and Go <b>9:00 Foot Nurse</b> 9:45 Healthy Bones 10:00 Fitness Basics <b>10:00 Card Making Class</b> <b>11:15 No All Level Yoga</b> 1:00 Healthy Bones 1:00 Bingo 1:00 Learn/ Play Pinochle 1:00 Social Strollers 3:00 Trivia Club 3:00 Social/ Ballroom 3:00 Mystery Book Club <b>5:00 Acoustic Cafe</b> 5:30 Yoga <b>Italian Chicken w/ Parm</b></p> <p><b>9</b> <b>8:30 SHINE By Appt.</b> <b>8:30 Hamp. Hearing</b> 8:50 Stretch and Go 9:45 Healthy Bones 10:00 Fitness Basics 10:00 Low Vision Group <b>11:00 Pickleball (Offsite)</b> 11:15 All Level Yoga 1:00 Healthy Bones 1:00 Bingo 1:00 Learn/ Play Pinochle 1:00 Social Strollers 3:00 Trivia Club 3:00 Social/ Ballroom 5:30 Yoga <b>3:30 New! Paint &amp; Draw</b> <b>5:30 Birth and Ann. Party</b> <b>American Chop Suey</b></p>	<p><b>3</b> 9:00 Dance with Loryn 9:30 Healthy Bones <b>10:00 No Personal Training</b> 10:00 Tech Time w/ Sandy <b>10:00 Care Support Group</b> 10:45 Healthy Bones 11:00 Gratitude Journal <b>11:15 No Beginner Yoga</b> <b>12:30 No Orientation</b> 1:00 Mahjong 1:00 Line Dancing 1:00 Spanish <b>Cobb Salad</b></p> <p><b>10</b> 9:00 Dance w/ Loryn 9:00 Veterans Social Hour 9:30 Healthy Bones 10:00 Tech Time w/ Sandy 10:00 Personal Training 10:45 Healthy Bones 11:00 Gratitude Journal 11:15 Beginner Yoga 1:00 Mahjong 1:00 Line Dancing <b>2:00 Supper Club Demo</b> <b>Blueberry Baked French Toast</b></p>	<p><b>4</b> 8:50 Stretch and Go 9:30 Watercolors 9:45 Healthy Bones 10:00 Fitness Basics <b>11:00 Pet Therapy</b> 11:15 Seated Yoga 1:00 Healthy Bones 1:00 Sit and Sew 1:00 Tech Time 1:30 Chair Volleyball 2:00 Meditation</p> <p><b>BBQ Ribette</b></p> <p><b>11</b> 8:50 Stretch and Go 9:30 Watercolors 9:45 Healthy Bones 10:00 Fitness Basics <b>11:00 Pet Therapy</b> <b>11:00 Pickleball (Offsite)</b> 11:15 Seated Yoga 1:00 Healthy Bones <b>12:30 Public Health Nurse</b> 1:00 Sit and Sew 1:00 Tech Time <b>1:00 Community Companions Volunteer Group</b> 1:30 Chair Volleyball 2:00 Meditation</p> <p><b>Meatloaf</b></p>	<p><b>5</b> 9:00 Cornhole 9:30 Healthy Bones 10:30 Learn Mahjong 10:45 Healthy Bones <b>11:30 Memory Café</b> 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club</p> <p><b>Broccoli Cheese Quiche</b></p> <p><b>12</b> <b>9:00 a.m.-4:00 p.m.</b> <b>The Friends Hanging Basket Sale</b> 9:00 Cornhole 9:30 Healthy Bones <b>10:30 Craft: Salt Shaker</b> 10:30 Learn Mahjong 10:45 Healthy Bones <b>11:00 Coffee &amp; Convo</b> 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club</p> <p><b>Salmon</b></p>

<p><b>15</b> 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 Tai Chi &amp; Qigong <b>12:30 Pet Therapy</b> 1:00 Zumba Gold 1:00 Mah-Jongg 1:00 Color Me Calm 1:00 Monday Movies  <b>Hot Dog</b></p>	<p><b>16 8:30 SHINE BY</b> <b>Appt.</b> 8:50 Stretch and Go 9:45 Healthy Bones 10:00 Fitness Basics <b>10:00 Brown Bag</b> 11:15 All Level Yoga 1:00 Healthy Bones 1:00 Bingo 1:00 Social Strollers 1:00 Learn/Play Pinochle 3:00 Trivia Club 3:00 Social/ Ballroom 3:30 Paint and Draw 5:30 Yoga <b>5:45 Elder Safety</b> <b>Lasagna</b></p>	<p><b>17</b> 9:00 Dance w/ Loryn 9:30 Healthy Bones 10:00 Tech Time w/ Sandy 10:00 Personal Training <b>10:00 Care Support Group</b> 10:45 Healthy Bones 11:00 Gratitude Journal 11:15 Beginner Yoga 12:30 Fitness Orientation 1:00 Mah-Jongg 1:00 Line Dancing 1:00 Spanish <b>2:30 MacDuffie Social</b>  <b>Seafood Newburg</b></p>	<p><b>18</b> 8:50 Stretch and Go 9:30 Watercolors 9:45 Healthy Bones 10:00 Fitness Basics <b>11:00 Pet Therapy</b> 11:15 Seated Yoga <b>11:30 Memory Café</b> 12:30 Healthy Bones 1:00 Sit and Sew 1:00 Tech Time 1:30 Chair Volleyball 2:00 Meditation <b>3:00 Spirit Animal</b>  <b>BBQ Pork Loin</b></p>	<p><b>19</b> 9:30 Cornhole 9:30 Healthy Bones 10:30 a.m. Learn to play Mahjongg 10:45 Healthy Bones 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club  <b>Sandwich and Salad</b></p>
<p><b>22</b> 9:00 Cornhole 9:00 NIA 9:30 Academic Drawing 10:00 Tai Chi &amp; Qigong 1:00 Zumba Gold 1:00 Mah-Jongg 1:00 Color Me Calm 1:00 Monday Movie 2:30 Craft Club  <b>Meatball Sub</b></p>	<p><b>23 8:30 SHINE BY</b> <b>Appt.</b> 8:50 Stretch and Go 9:45 Healthy Bones 10:00 Fitness Basics <b>11:00 Learn Pickleball (Offsite)</b> 11:15 All Level Yoga 1:00 Healthy Bones 1:00 Bingo 1:00 Social Strollers 1:00 Learn/Play Pinochle 3:00 Trivia Club 3:00 Social/ Ballroom 3:30 Paint and Draw <b>4:30 Dinner and A Movie</b> 5:30 Yoga <b>5:30 Lifelong Learning (Offsite)</b> <b>Taco Tuesday</b></p>	<p><b>24</b> 9:00 Dance w/ Loryn 9:30 Healthy Bones 10:00 Tech Time w/ Sandy 10:00 Personal Training 10:45 Healthy Bones 11:00 Gratitude Journal 11:15 Beginner Yoga 1:00 Mah-Jongg 1:00 Line Dancing 2:00 Book Club Hybrid <b>2:00 Marjory Stoneman Douglas Presentation</b>  <b>Teriyaki Chicken</b></p>	<p><b>25</b> 8:50 Stretch and Go 9:45 Healthy Bones 9:30 Watercolors 10:00 Fitness Basics <b>11:00 Pet Therapy</b> <b>11:00 Learn Pickleball (Offsite)</b> 11:15 Seated Yoga 100 Healthy Bones 1:00 Sit and Sew 1:00 Tech Time 1:30 Chair Volleyball 2:00 Meditation  <b>Turkey w/ Gravy</b></p>	<p><b>26 No Cornhole</b> 8:30 Memorial Day Breakfast 9:00 Cornhole 9:30 Healthy Bones <b>10:30 Memorial Day Flower Arranging</b> 10:45 Healthy Bones <b>11:00 Coffee &amp; Convo</b> 1:00 Cribbage 1:00 Bridge 1:00 Fiber Arts Club  <b>Seafood Salad</b></p>
<p><b>29</b> <b>The Senior Center is Closed.</b> </p>	<p><b>30 8:30 SHINE BY</b> <b>Appt.</b> 8:50 Stretch and Go 9:45 Healthy Bones 10:00 Fitness Basics 11:15 All Level Yoga 12:30 Healthy Bones 1:00 Bingo 1:00 Social Strollers 1:00 Learn/Play Pinochle 3:00 Trivia Club 3:00 Social/ Ballroom 3:30 Paint and Draw <b>5:00 Summer Concert</b> 5:30 Yoga  <b>Breaded Fish</b></p>			

**May Celebrates Older Americans Month**  
“Every May, the Administration for Community Living leads the nation’s observance of Older Americans Month (OAM). The 2023 theme is *Aging Unbound*, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. Join us in promoting flexible thinking about aging – and how we all benefit when older adults remain engaged, independent, and included.” (ACL)

**31** 9:00 Dance w/ Loryn  
9:30 Healthy Bones  
10:00 Tech Time w/ Sandy  
10:00 Personal Training  
10:45 Healthy Bones  
11:00 Gratitude Journal  
11:15 Beginner Yoga  
1:00 Mah-Jongg  
1:00 Line Dancing  
**1:00 Leslie’s Visit to the Food Pantry.**  
  
**Eggplant Parm.**

# 10 Arts & Language & Movies– Please Register

## Craft Club

### Card Making Class with Joanne Milloy

Tuesday, May 2nd at 10:00 a.m. \$5.00 for 4 cards  
Joanne Milloy will be teaching this card making class where you will learn how to create 4 different card designs. All supplies are included!

### Salt Shaker Flower Centerpiece

Friday, May 12th at 10:30 a.m.  
Cost \$4.00 limit 10 crafters  
Join this fun craft group and make this sweet centerpiece in a salt shaker out of wires, buttons and tissue paper! All supplies included.



### Memorial Day Flower Arrangement

May 26th at 10:30 cost \$8.00  
limit to 10 participants  
Join Denise from the Springfield Garden Club to make a beautiful arrangement to adorn your table this Memorial Day! All supplies included.

## Supper Club

### Demo & Meeting: Free and Open to All

Wednesday, May 10th at 2:00 p.m.  
Samples and Recipes: French Toast Casserole, Smoothies, Eggs Benedict  
Serve Safe Tips: Dish room orientation and training.

### Culinary Lessons:

You must register with Chef Maggie at [maggiev06021@gmail.com](mailto:maggiev06021@gmail.com)

Session One Monday, May 15th 2:00 p.m.

### (Free and Open to All)

Breakfast for Dinner: Handmade sausage, oven hash, shakshuka preparation.

### Includes lesson Only

Session Two (\$5 ) Tuesday, May 16th at 2:00 p.m.

(limit 30, sign up by May 10th)

Shakshuka lesson #2, the world's best cinnamon rolls. \$5 contribution for groceries for session two.

**Includes lesson and shared meal.**

## Arts and Language Activities

### Color Me Calm Mondays at 1:00 p.m.

Enjoy the company of friends while you create. Supplies provided.

### Academic Drawing & Painting

Mon 9:30 a.m. Cost \$4 Learn from classically trained artist Anne Mueller on how to produce fine works of art. Bring your own supplies and subject.

Tuesday Trivia Club at 3:00 p.m. Test your knowledge .

Gratitude Journal Writing Wed. at 11:00 a.m. Open to all abilities.

Mystery Book Club Tuesday, May 2nd at 3:00 p.m. To discuss *The Man Who Died Twice* by Richard Osman. To discuss *Bluebird, Bluebird* by Attica Locke in June.

### Book Club Hybrid Wed, May 24th

at 2:00 p.m. To discuss *Eternal* by Lisa Scottoline. Contact: [kflorence@southhadley.ma.gov](mailto:kflorence@southhadley.ma.gov) for Link.

Beginning Spanish class Wed, May 3rd and 17th 1:00 p.m. Paul Lamotagne teaches this cumulative introductory Spanish. If you're new to this class contact Kathy at [kflorence@southhadley.ma.gov](mailto:kflorence@southhadley.ma.gov).

### Watercolors Fee: \$4.00

Thursdays at 9:30 a.m.  
Tina provides the guidance. You bring the supplies.

### Sit and Sew Thurs at 1:00p.m.

This group is open to quilters, sewers, hand sewing, and mending.

### New! Evening Paint and Draw with Petula Bloomfield

Tuesdays 3:30 p.m. Beginning May 9th cost \$4.00

This class offers exploration with drawing and painting materials and techniques to all with a teacher who is a professional working artist with a 30 year career in visual arts. She has her own studio and practice in the Arts & Industry building in Florence, MA, and is an Instructor of 20 years at PVPA. Develop your own ideas or try something new. All are welcome. Some supplies are available or bring your own.

## Monday Movie Matinee at 1:00 p.m.

**5/1 Top Gun Maverick (2022)** After thirty years, Maverick is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads TOP GUN's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it.

**5/8 The Phantom of the Open (2021)** British biographical comedy-drama film directed by Craig Roberts, about the exploits of Maurice Flitcroft.

**5/15 Miss Willoughby and the Haunted Bookshop (2022)** A University professor with an insatiable appetite for investigation is asked by some old family friends to investigate a series of hauntings.

**5/22 Classic Movie: The Best Years of Our Lives (1946)** The film is about three United States servicemen re-adjusting to societal changes and civilian life after coming home from World War II.

*Thank you*

We are sincerely grateful for all the donations to the South Hadley COA in support of the many activities, programs and services we provide. Donations made in memory of, or in appreciation of are Indicated in bolded letters.

**Barney & Julia Ratkiewicz**

Bernard Ratkiewicz

**Richard Lacoste**

Peg Lacoste

**Michelle LaPorte Holden &**

**Richard McKenna**

Michael & Arline LaPorte

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# 12 Fitness Programs– Please Register

Fitness and Exercise Classes are \$2.00

Group Personal Training in the Fitness Center is \$4.00

Funding from the Executive Office of Elder Affairs' Formula Grant and our Activity Gift Fund supplements the cost of our fee-based programs.

## **“Nia” with Instructor Beth Foster**

**Mondays 9:00 a.m.- 9:45 a.m.**

Nia is a cardio-dance workout energizing and conditioning the whole body. Nia blends the precision and strength of the martial arts, the creative joy of the dance arts and the restorative energy of the healing arts.

## **Tai Chi & Qigong for Health & Relaxation with Denise**

**Mondays at 10:00 a.m. (Hybrid)**

**All levels 10:00 a.m. - 10:45 a.m.**

Advanced until 11:15 a.m.

Beginners: build strength, stamina, and learn sequencing. For Advanced add additional 30 minutes to learn Part 2 .

## **Zumba Gold**

**Mondays at 1:00 p.m.**

This class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.

## **Stretch and Go with Lindsey**

**Tuesday & Thursday at 8:50 a.m.**

This class will get you up and ready for the day.

## **Fitness Basics with Lindsey**

**Tuesdays & Thursdays at 10:00 a.m. (Hybrid)** Get moving with Lindsey with a little bit of cardio, weight training, and stretching. All abilities welcome.

## **All levels Yoga (Gentle Yoga)**

**Tuesdays at 11:15 a.m.**

Incorporates meditation, breathwork, and movement, designed to connect the mind and body. Classes will include floorwork, standing, and balance postures using a variety of props. Modifications offered as needed



## **Intro Social/ Ballroom Lessons**

**Tuesdays at 3:00 p.m.**

Learn a new dance style!

Your instructor Jeannette LoPresti (JLo) will teach Swing, Rumba, Waltz, Country 2-step, Foxtrot, Cha-cha, Samba and Mambo.

**No partner needed**

## **Evening Yoga with Michaela Driscoll**

**Tuesdays at 5:30 p.m.**

Michaela leads this Hatha Yoga class with extended guided meditation and relaxation.

## **Social Strollers Returns!**

**Tuesdays at 1:00 p.m.**

**Starting May 2nd– No Charge**

Walk with friends in this wonderful group! Meet at the Senior Center

## **Dance with Loryn**

**Wednesdays at 9:00 a.m.**

Join Loryn for a joyful, all-abilities dance class. Learn a variety of dance moves set to fun music spanning the decades.

## **Group Personal Training**

**Wednesdays at 10:00 a.m.**

**The class fee is \$4.00 per class**

Join Heidi a NASM Certified Personal Trainer and Senior Fitness Specialist for an hour of fun moving circuit style through timed workout stations focusing on functional training in balance, strength, core and flexibility. **You must fill out your application packet and complete the fitness room orientation with Heidi to participate.**

## **Beginner Yoga with Heidi**

**Wednesdays at 11:15**

Whether you are brand new to yoga or have been practicing for years this class takes us back to the basics with foundational poses using clear and safe alignment.

## **Fitness Room Orientation**

**Wednesday, May 17th at 12:30 a.m. Mandatory - No Cost**

You must complete your application and your fitness room orientation before using the Fitness Center. Applications are available at the front desk. Once your application is approved, a staff member will contact you to schedule an orientation.

## **Beginner Line Dance**

**Wednesday at 1:00 p.m.**

This is a beginner class where you will learn 6-8 dances from experienced line dance teacher, Jennifer Jones

## **Seated & Standing Yoga**

**Thursdays at 11:15 a.m. (Hybrid)**

Grab a straight back chair, wear some comfy clothes and connect breath with movement.

## **Chair Volleyball**

**Thursdays at 1:30 p.m. -No Cost**

Build core muscle strength and flexibility in this fun and social activity!

## **Meditation with Richard Baer**

**Thursdays 2:00 p.m. No cost**

Richard Baer has been practicing and teaching meditation for almost 50 years. Class includes different meditation techniques. This class is not affiliated with a religious or spiritual tradition.

## **RSVP Healthy Bones & Balance Class (New Classes!)**

**Tuesday & Thursdays**

**9:45 a.m. and 1:00 p.m.– No Cost**

**Wednesdays & Fridays**

**9:30 & 10:45 a.m. classes - No Cost**

This free class is made possible by RSVP. It is designed to increase strength, mobility, flexibility, and balance while having fun and socializing.

**Registration for Healthy Bones & Balance Classes open Thursday, May 18th.**

When you donate directly to the Senior Center Gift Funds, your donation helps us fully, or partially fund all of our fitness programs and our arts and language activities. Your donation also finances our special programs, trips, and the supplies we need for activities. We hope you are enjoying all of the amenities the Senior Center has to offer.

Please consider making a donation today.

**We thank you in advance for your support!!! ~ The Senior Center Team!**

In Honor or Appreciation of: \_\_\_\_\_

In Memory of: \_\_\_\_\_

Donated by: \_\_\_\_\_

Address: \_\_\_\_\_

*\*If you would like an acknowledgment sent to the family, you must provide the following: Name, address & relationship to the deceased. Name: \_\_\_\_\_*

*Address: \_\_\_\_\_ Relationship to deceased \_\_\_\_\_*

### Senior Center Gift Funds

**Make Check Payable To:** South Hadley Council on Aging, 45 Dayton Street, South Hadley, MA 01075

\_\_\_ Wherever Needed Most

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\_\_\_ Caregivers Gift Account

\_\_\_ Newsletter Account

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## CONSIDER BECOMING A VOLUNTEER OMBUDSMAN



Contact **Greater Springfield Senior Services** for more information!

**413-781-8800**

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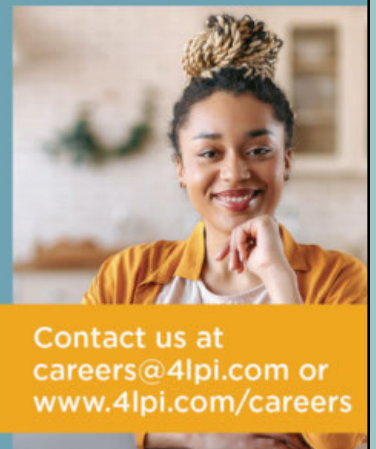
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### THANK YOU!

Your support of the Friends of the South Hadley Seniors is much appreciated. We are grateful for the donations from:

Ann Andras	Joyce Mahoney	Deborah Quinn
Liz Austin	Marjie Marcotte	Barbara Randall
Constance Canata	Andrew Moskovitz	Howard & Barbara Redfern
Fran & Jim Como	Alice McGuire	Linda Rogers
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Peter Gruber	Sandra Kimball	Barbara & Paul St. Jacques
Sue Lamastro	Regina Packard	Vanessa Valery
		Barbara Vanderpoel

Thank you for the gifts made in memory:

Richard McKenna	Violet Forni
Ola Herbert	Donna VanHandle
Christine Walton	

REMINDER: "Stamps for Seniors" pick up will be on May 12 and May 16 (11am-1pm) at the Senior Center



YES! I would like to support the Friends in 2023

- Individual Membership (\$10)  
 Joint Membership (\$20)



I would like to make an additional donation \$ \_\_\_\_\_

Name/s: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Make check payable to the Friends of the South Hadley Seniors and drop off at the Senior Center or mail to PO Box 55.

### MOTHER'S DAY HANGING FLOWER BASKET SALE

Date: Friday, May 12 (Rain or Shine)

Location: Senior Center

Time: 9am-4pm (or until sold out)

Cost: \$25 each (cash/check/Venmo)



### WE VALUE OUR SENIORS!

The Friends celebrate our seniors this May during Older Americans Month. We are grateful to each and every one of you for your past and present contributions to our community. In celebration, we are offering free stamps for South Hadley's Seniors and free coffee every Monday in May at the Senior Center. And Kim is offering discounted Pickleball lessons for seniors through the Senior Center (call the Senior Center to sign up).

**Travel Club** At the COA Wed. 10:00 a.m. to 11:30 a.m. & Thurs. 10:00 a.m. to 11:30 a.m.



**Susan Canedy: 413-536-2106 & Huguette Supinski: 413-530-6162.**

**May 22, 2023: Aqua Turf Club, Plantsville, CT "Tribute to the BEE GEES – Stayin' Alive"**. (SOLD OUT / WAIT LIST ONLY). Don't miss the sounds of the band that defined 70's music. Package includes: Transportation, Show & Luncheon. Cost \$125. - Call Susan

**June 15, 2023: Indian Princess Cruise, Webster, MA.** (SOLD OUT / WAIT LIST ONLY). Fun aboard the Indian Princess on Webster Lake with lunch at Samuel Slater's Restaurant and stop at Brookfield Orchards. Package includes: Transportation, Cruise and Lunch. Cost \$115. – Call Huguette

**July 18, 2023: Maine Lobster / Kennebunkport, ME.** Enjoy a Maine Lobster or Prime Rib Dinner at Bull 'N Claw in Wells, ME. followed by a guided driving tour. Visit the shops in quaint Kennebunkport. Package Includes: Transportation, Luncheon, Guided Tour and shopping. Cost \$130. - Call Huguette

**August 8, 2023: Country Icons / Log Cabin, Holyoke, MA.** Tribute to Hank Williams, Johnny Cash, Merle Haggard and many more. Package Includes: Luncheon and show (self-drive). Cost: \$90. Call Susan

**August 22-25, 2023: Quebec City, Canada.** (SOLD OUT / WAIT LIST ONLY). Cost: \$1,040 pp (double); \$1,443 pp (single); \$940 pp (triple). Call Huguette

**September 7, 2023: Amarante's Sea Cliff – New Haven, CT – Featuring the Elderly Brothers.** Come for the View, Enjoy the Food and Stay for this "Oldies" and Rock 'n' Roll Show. Package includes: Transportation, Luncheon and Show. Cost \$115. - Call Susan .

**October 11, 2023: Cape Cod Extravaganza.** Visit A.D. Makepeace Company Cranberry Bog in Wareham, MA, Lunch at Dan'l Webster Inn in Sandwich then board the LOBSTER TALES in Plymouth. Package includes: Transportation, Bog Tour, Lunch and Cruise. Cost \$147. Call Susan

**October 15 – 22, 2023: Royal Caribbean Florida & The Bahamas Cruise from NJ Pier.** 8 days / 7 nights aboard RCI Oasis Cruise Ship. Costs ranging from \$749. pp to \$ 1,069. pp / plus taxes, gratuities and travel insurance. Call The Ship Shop @ 1-800-243-1630 or Susan.

**Gift Certificates: Give the perfect gift ! Certificates can be purchased in any denomination, never expire and can be used on any trip. Call Susan or visit us at the Senior Center during our Club Hours.**

## South Hadley Falls Prevention Program

S. Hadley Fire Districts 1 and 2, in cooperation with the SH COA and the Age and Dementia Friendly Community invite you to take advantage of the Falls Prevention Program. Schedule a visit with firefighters to identify safety issues in your home. Free smoke alarms, house numbers, or other safety devices needed will be supplied. Call Sandy Farnsworth.

## TRIAD Free Paper Shredding

**Saturday May 20th from 9:00 a.m. - 11:00 a.m.**

**TRIAD** paper shredding. Papers can be dropped off at Second Baptist Church Parking Lot on Route 202, 589 Granby Street in South Hadley.

## Rainbow Social Club Monthly Events

**May 3rd. 5:00 p.m. to 7:00 p.m.**

Holyoke Council on Aging  
Monthly Coffee Hour: Belchertown Council on Aging on 60 State Street, Belchertown.



## Virtual Gathering—Monthly guided discussion

For more information, call WestMass ElderCare 538-9020, or [RainbowSocialClub@wmeldercare.org](mailto:RainbowSocialClub@wmeldercare.org)

## LGBTQ+ Survey

The South Hadley Council on Aging is reaching out to the LGBTQ+ Community of older adults in hopes of creating a safe and open community for everyone and to increase our understanding of the unique needs and challenges facing our LGBTQ+ older adults. Please help us by filling out a short survey at [shorturl.at/bqyV9](https://shorturl.at/bqyV9).

Paper copies are available at the Senior Center.



## WALK MASSACHUSETTS:

### Walk for your Council on Aging

Thank you to all who participated last year!

The South Hadley Senior Center was awarded \$250.00 from all your hard work to be used for fitness programming.

The challenge runs May 1 to October 31, 2023

During this time, you will have chances to be entered into a drawing to win a \$50 Visa, \$25 Amazon or \$10 Dunkin' gift card. The more you walk, the more chances you have to win. Reach each milestone and receive a total of four entries. By completing the challenge, The South Hadley Senior Center gets a raffle entry to win up to \$1,000 for fitness programming.

Register on this site: <https://walkmachallenge.com/> and choose one of the challenges based on a Commonwealth of Massachusetts fun fact. Choose based on your current abilities or challenge yourself to reach a higher goal. Be your own guide as to what you can do. You can walk inside, outside, at home or in the neighborhood, on a track, on a treadmill, at a park, at a mall, with family, with friends, with your dog or alone.

Track your walking (we recommend daily or weekly) on the website with your Council on Aging between May 1 and October 31, 2023. Complete milestones and get entries to win. The more you walk, the more entries you get – it's that easy!



The Walk Massachusetts Challenge is brought to you by the Massachusetts Councils on Aging and generously funded by Blue Cross Blue Shield of Massachusetts.

## SAVE THE DATES!!

Registration opens May 1st for all June events, excluding Healthy Bones & Balance.

### Romance Scams Informational

Tuesday, June 6th 5:30 p.m.

### Summer Concert with Banished Misfortune

Tuesday, June 20th

### Second Anniversary Celebration

Thursday, June 22nd

### Aging in Place Health & Wellness Fair

Wednesday, June 28th 10:00 a.m.-1:00 p.m.



**South Hadley Council on Aging**  
45 Dayton Street  
South Hadley, MA 01075

**Staff Directory**

- Leslie Hennessey, Exec. Dir. Ext. 6204
- Lisa Napiokowski, Asst. Dir. Ext. 6203
- Ann Andras, Soc. Serv. Coord. Ext. 6206
- Kathy Florence, Activity & Volunteer. Coord. Ext.6207
- Sandy Farnsworth, Program Coord. Ext. 6205
- Emily Joslin, Senior Ctr. Coord. Ext. 6211
- Billy Poe, Food Serv. Coord.
- Donna Gonet & Becki Guerin, Kitchen & Café Assistants

The South Hadley Senior Center reserves the right to utilize photos or videos of participants for publicity purposes. Participants not wanting their image used must notify the senior center in writing.

NONPROFIT ORG  
US POSTAGE  
**PAID**  
Springfield MA  
3085

**Mission Statement**

The South Hadley Senior Center provides a culturally responsive environment that promotes opportunities for learning, social interaction and recreational activities that foster a fulfilling and healthy lifestyle for all seniors. Our community is committed to advancing, cultivating, and preserving a culture of empowerment, diversity, inclusion and belonging.

**Resource Directory**

**NEIGHBORS HELPING NEIGHBORS FOOD PANTRY IN SOUTH HADLEY, MA 413-437-7593.**

Online: info@nhnfoodpantry.org Curbside pickup & delivery: Pantry hours are: Wednesdays: 12:30 p.m. to 5:30 p.m. and Saturdays: 10:00 a.m. to 12:00 p.m.

**WEEKEND MEALS: TAKE & EAT INC., PEOPLE FEEDING PEOPLE PROGRAM.**

The meals are prepared and delivered by the faith-based communities in South Hadley and Granby. The meals are provided free of charge to those 60-years of age and up, are homebound, and unable to shop, drive, prepare meals, or have low mobility. Contact: Kathleen Ryan 413-664-1041, or takeandeat@verizon.net

**FOOD SOURCE HOTLINE: 1-800-645-8333**

Food Source Hours: Monday –Friday: 8:00 a.m. to 7:00 p.m. and Saturday: 10:00 a.m. to 2:00 p.m. The Food Source hotline connects people struggling to put food on the table with SNAP benefits and other food resources in their communities.

**MEDICAL EQUIPMENT**

Used Pick-up and Delivery: Hampshire County Sheriff's Dept. Dave Fenton 413-582-7787

**THE ALZHEIMER'S ASSOCIATION 24/7 HELPLINE (800-272-3900)** Available around the clock, 365 days/year.

**WESTERN MA ELDER ABUSE HOTLINE: 1-800-922-2275**

**VETERAN'S CRISIS LINE: 1-800-273-8255**

**NATIONAL ELDER FRAUD HOTLINE: 1-833-372-8311**

**MASS SOCIAL SECURITY: 1-800-772-1213 (TTY 1-800-325-0778).**

**NATIONAL SUICIDE PREVENTION AND CRISIS LIFELINE 988 ( NEW 3-DIGIT DIALING CODE)**

**THE MASSACHUSETTS SENIOR LEGAL HOTLINE 1-800-342-5297** Assistance is provided in Spanish, Portuguese and Haitian Creole.

**THE COMMISSION ON DISABILITIES (COD).**

The purpose of the COD is to improve and maintain unobstructed access for every resident of South Hadley to all aspects of our town. Feel free to contact us, via email or phone

**HAMPSHIRE ELDER LAW PROGRAM**

Legal Assistance for low income elders in Hampshire County. Call 413-586-8729

**SAGE LGBTQ+ Elder HOTLINE: 1-877-360-LGBT ( 5428)** or www.sageusa.org

**PVTA TRANSPORTATION OPTIONS FOR SENIORS 413-781-7882**

**Senior Fare Free Tuesdays**

Seniors ride PVTA's fixed routes buses for free every Tuesday. Must show valid PVTA Senior ID

**WESTMASS ELDERCARE**

(WMEC) is South Hadley's Area Agency on Aging (AAA). WMEC provides information and services on a range of assistance for older adults and those who care for them. Services include: home care & benefits counseling, mobility assistance, programs, housing and referrals, individual benefits counseling, support groups, caregiver training, respite care and Home Meals on Wheels Program. Call 413-538-9020. Ask for Information & Referral.

**THE STATE-FUNDED HOME MODIFICATION LOAN PROGRAM (HMLP)** Call the Pioneer Valley Planning Commission at 413-781-6045, or www.pvpc.org TTY/TDD: 413-781-7168